

MAY 2009 Lakeside Elementary School ~ This menu meets the Healthier Montana Menu Challenge Criteria <i>Skim or 1% milk is served with all meals; chocolate 1% Wednesday (Menu may be subject to change!)</i>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Montana Tacos, chuck wagon beans, confetti corn, apples & dip	28 Ham & cheese sandwich, fresh veggies & ranch dip, strawberries & bananas	29 Macaroni in toma- to sauce, cheese stick, hot buttered veggies, apple crisp	30 Chicken fajitas, cheesy rice, pinto beans, salsa & sour cream, fruit	1 Hot dogs, or veggie dog ranch potatoes, barbeque beans, fruit
4 Chicken & noo- dles steamed veggies orange slices applesauce cake	5 Fiesta nachos re- fried beans & rice salsa & sour cream, fruit cookie	6 Sloppy joe on a bun, broccoli in cheese sauce, carrots & ranch dip, fruit cocktail	7 <i>Breakfast for Lunch Day!</i> French toast, ham apple compote oven potatoes, fruit	8 Roasted turkey & gravy, mashed potatoes hot buttered corn fresh fruit Deon
11 Taco salad Refried beans Spanish rice Salsa & sour cream Fruit	12 Macaroni & cheese green beans, car- rot sticks & ranch dip peanut butter bar	13 Chicken or veggie stir-fry steamed rice, egg roll with dip- ping sauce, fruit	14 Spaghetti with meat or meatless sauce, tossed green salad, corn, wheat roll, fruit	15 Corn dog tater tots, applesauce, orange halves
18 Italian dippers with meat or meatless marina- ra sauce, carrot sticks, string cheese, apple slices & dip	19 Toasted cheese sandwich, tater tots, green beans, fruit	20 Hamburger or veggie burger Asian coleslaw baked beans fruit salad Deon <i>Early Release</i>	21 Chicken or cheese quesadil- las, Mexicali rice, pinto beans, salsa & sour cream, fruit	22 Robin's pepperoni or cheese pizza, tossed salad, pineapple chocolate chip cookie
25 <i>No School Memorial Day</i>	26 Chicken Caesar wrap corn chips & salsa grapes	27 ham & cheese sandwich corn, fruit, gingerbread	28 Taco salad Refried beans Spanish rice Salsa & sour cream Fruit	29 Hot dogs, or veggie dog ranch potatoes, barbeque beans, fruit

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Soup & Salad Cycle Menu
Fresh Daily (3rd-5th only)

Monday	Tuesday	Wednesday	Thursday	Friday
Chef salad or spinach Salad soup & bread	Fruit plate with yo- gurt soup & bread	Hearty chili in a bread bowl, cheese fruit	Chef sal- ad or spinach salad soup & bread	Caesar sal- ad soup & bread

Each American eats 22 pounds of tomato per year. Over half of those tomatoes are in the form of catsup, tomato or pizza sauce. Americans eat 100 acres of pizza each day, or 350 slices per second. Each man, women and child in America eats an average of 23 pounds of pizza a year! Pepperoni is America's favorite pizza topping. Anchovies always rank last on the list of favorite toppings. In Japan, squid is the number one pizza topping!

Breakfast Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel with cream cheese, pea- nut butter, cereal, fruit, juice & milk	French toast or a waffle, ham, blueberry compote, milk	Egg McRo- bin or Bear Paw, cereal, juice & milk	Healthy muf- fin, yogurt, fruit, & milk	Scrambled Egg wheat toast with peanut butter, juice & milk